



# GOOD NEWS

ABOUT A GREAT LAKE SUPERIOR EDUCATION



Preschool Fun in Silver Bay



Summer Turns to Fall



Blandin Broadband Community Celebration

**SEPTEMBER 2014**

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*Next Issue –  
January 2015!*

We're on   
Lake Superior School District Community Education



Just the sight of the word above triggers many different emotions in people. Those emotions can range from varying degrees of depression, anxiousness, sadness, loneliness, blame and anger, feelings that no one should experience because of being bullied.

Bullying, although **unwelcomed** and **intolerable**, is prevalent everywhere, including our schools and communities.

In an effort to educate and prevent bullying in our schools and communities, the INTERACT group, a youth based group of Rotary International, which is comprised of students from the Two Harbors High School, teamed up with the Two Harbors Police Department and Community Education of ISD#381, to formulate a plan to bring the Trust Theatre Ensemble to the Two Harbors High School auditorium. Where, the Trust Theatre Ensemble will present two theatrical performances, over four shows, about bullying and bullycide (suicide as a result of excessive bullying).

The first and most important item of business was to raise monies to help fund the project. After a few short months of fundraising and grant writing, the INTERACT group and the Two Harbors Police Department had met their fund raising goal and reserved a date with the Trust Theatre Ensemble.

So, on October 27, 2014 the Trust Theatre Ensemble will bring two powerful theatrical performances to the auditorium of the Two Harbors High School.

The first show, called "STRONGER", is a production that will attempt to equip the younger generation with the tools they need to stand up for themselves and other people against bullying, through a "hands on" experience.

The performance aims to inspire children to become "superheroes" in their schools and communities. The "STRONGER" production will be performed for students (K-5), school staff and administration from both, William Kelley and Minnehaha Elementary Schools.

The second and third shows, called "THE BULLYCID PROJECT", will be performed for students who attend William Kelley and Two Harbors High Schools. The students, in Grades 6 thru 8, will combine for a showing, followed by the students in Grades 9 thru 12 combining for

In talking with Officer Sean Jones of the Two Harbors Police Department he said, "I was blown away by the support and generosity of those who gave and can't say thank you enough!"

With that, we, the Interact Group and the Two Harbors Police Department, would like to also send out a huge "THANK YOU" to all of those who funded this project:



#### AS WELL AS:

**ROTARY INTERNATIONAL – Two Harbors**  
**THE LAKE BANK – Two Harbors & Silver Bay**  
**CLIFFS NATURAL RESOURCES – Northshore Mining – Silver bay**  
**CETERA – Advisor Networks LLC – Neill A. Atkins**



LAKE  
N  
SCHOOL DISTRICT  
SUPERIOR  
MESSAGE FROM THE SUPERINTENDENT FOR  
LAKE SUPERIOR SCHOOL DISTRICT



William Crandall

We are off to a great start for the 2014 – 2015 school year! We have hired new staff throughout the school district and are excited to have them work with our students and your children. There is a brief description of each of our new staff in this edition of the *Good News*.

They each bring different experiences and skills to the district and we look forward to their presence in the buildings.

We are making some technology changes for this school year. We are bringing Telepresence to each of our schools. Telepresence is a communication medium which allows a person to feel as if they were present in the room or at a location. We plan on having our students take virtual field trips this school year. The Telepresence will allow classrooms to stay at school and at the same time feel as if they are for example at the San Diego Zoo. Our teachers can meet utilizing the Telepresence with staff in both Silver Bay and Two Harbors without the need for travel which will save both time and money. The Telepresence is being provided to our district through a grant that our district and five other districts in the Arrowhead region received.

Our open houses went well at all three sites. If you have any questions please just reach out and connect with any of our schools and they will be more than welcome to communicate with you.

We expanded both our Kindergarten sections and grade 4 sections at the Minnehaha due to an increase in student numbers. With the addition of sections we continue to have small class sizes to reach

our students for success. At the William Kelly School we have provided extra assistance in the larger classes for Kindergarten and grade 2. Both of these sections have an additional adult to help with the classroom teacher to provide support for our students.

Throughout the school year we offer career and college information for planning into the future. As students of all grades gear up for school, it's a great time to talk with your children or students about their goals for the future and encourage them to begin mapping out a path that can help them reach their post-high school and career goals. You can have this discussion with your children at any level to set goals for their future. October is College Knowledge Month and the high schools will be working with students learning how to enroll and about the many different programs available.

The district is putting in wireless access into the buildings. This year teachers will be using more technology in their classrooms to assist in meeting the needs of all the students in their classes. They will use the technology as a tool for the presentation of course materials. Another use of the technology will allow students to review the presentation if they have missed a class or want to view it again.

We are looking forward to another great school year in the Lake Superior School District. I have been in all the buildings the first week and there is a lot of excitement and energy for the school year. It is great to have your children back in the schools. We are excited to have them!

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## facebook

**We would Love for you to  
"LIKE" us.**

**For the latest happenings for  
Community Education, check  
out our facebook page!**

**We encourage you to post,  
comment, like and share  
our site.**

**Make us your resource for  
information!**

*It is the policy of the Lake Superior School District No. 381 not to discriminate on the basis of disability, sex, race, color or national origin in its educational programs, activities, or employment policies.*



# Welcome to the New District Staff

## Administration

### JAY BELCASTRO

*Principal at Two Harbors High School*

Jay Belcastro, a former teacher for the Proctor Public Schools, filled the position of assistant principal at Two Harbors High School last school year.

Replacing Brett Archer, Principal Belcastro brings his strong marketing background and former school board experience in Wrenshall to our district administrative team. Mr. Belcastro is married to Kim Belcastro, and they have five children.

*"I want to extend a big thanks to everyone for making our 2014-2015 Open House a success. We grilled over 400 hot dogs."*



Jay Belcastro

### JULIE BENSON

*Assistant Principal at Two Harbors High School*

A warm congratulations to Julie! Julie and her husband, Ron, are lifelong residents of Two Harbors. Julie received her Bachelors from St. Cloud State University and her Masters and Administrative License from University of Minnesota Duluth. Julie formerly taught Business at THHS and remains the DECA advisor at THHS.

*"I have enjoyed teaching and coaching in the Lake Superior School District these past 20 years and I look forward to the challenges and opportunities that come with my new position."*



Julie Benson

## Teachers

### LEAH BOTT

*Agriculture, Food and Natural Resources Teacher at William Kelley School*

Leah was born and raised in Goodhue, MN. She received a B.S. and Master's in Agriculture Education at the University of Minnesota. Leah and her husband, Tom, have four children.

*"I am excited to be a part of a supportive and enthusiastic staff. The communities of this school district have many reasons to be proud of the system and programs they have built and maintained. The students of this district have amazing assets and talents and I look forward to the opportunity to work with them on a daily basis."*



Leah Bott

### HEATHER EIDE

*Early Childhood and Family Education (ECFE) at Two Harbors High School*

Heather was born and raised in Ames, Iowa. She received her degree in Elementary Education with Pre-primary Emphasis from University of Northwestern St. Paul, MN. Emily and her husband, Nate, have three sons.



Heather Eide

### MELISSA ELLIS

*Kindergarten Teacher at Minnehaha Elementary School*

Melissa was born and lived in Duluth until her family moved to the Twin Cities when she started high school. She received a BA in Elementary Education and a Pre-Primary Specialty in ages 3-5 from Northwestern College in Saint Paul, MN. Melissa and her husband, Derrick, have three children. They enjoy geocaching together and spending time at her family's cabin.

*"I'm very excited to join the team of educators at the Minnehaha School. I have a passion for helping children develop a love of learning and I cannot wait for the school year to begin. I look forward to getting to know the students and families in the Lake Superior School District."*



Melissa Ellis

### EMILY GILSVIK

*5th Grade Teacher at Minnehaha Elementary School*

Emily was born and raised in Two Harbors. She received her Elementary Education Degree and Early Childhood Minor at the University of Wisconsin.

*"I am thrilled to become part of the Lake Superior School District."*



Emily Gilsvik

### PAULIANN HAGGLUND

*4th Grade Teacher at Minnehaha Elementary School*

Pauliann was born and raised in Two Harbors. She received her Bachelors in Middle/Elementary Education with a Minor in English from The College of Saint Scholastica, Duluth, MN. Pauliann and her husband, Kyle, have two daughters, Olivia and Lola.

*"I am very happy to be back in Two Harbors. This is going to be an amazing year!"*



Pauliann Hagglund

### GAIL HARJU

*Spanish Teacher at Two Harbors High School*

Gail was born in St. Joseph, MN. She received a B.A. in Spanish and Latin American Studies from the University of Minnesota Minneapolis, and her Masters in Teaching from the University of Alaska Southeast. Gail and her husband, Dave, have three children.

*"I am delighted to be part of the Two Harbors School and I look forward to meeting and being part of the community."*



Gail Harju

### EMILY LINN (not pictured)

*Early Childhood and Family Education (ECFE) Parent Educator at Two Harbors High School & William Kelley School*

Emily was born in Marquette, MI and raised in Wakefield, MI. She completed her degree in Elementary Education with a Language Arts Major from Northern Michigan University, Marquette, MI. Emily and her husband, Mike, have three children.

## JUDY PHIFER

*Business Education at Two Harbors High School*

Judy was born and raised in Mankato, MN. She received a B.S. Business and a BST Business Education at the Minnesota State University – Mankato. Judy and her husband, Steve, have four grown children.

*"Looking forward to getting back in the classroom."*



Judy Phifer

## ANNIE REES

*Early Childhood Special Education, District*

Annie was born and raised in Duluth, MN. She received her degree in Unified Early Childhood Studies (birth – 3rd grade) at University of Minnesota Duluth.

*"I am excited to join the Lake Superior School District and am looking forward to getting to know the area and getting to know what I've heard is a great community of families and educators."*



Annie Rees

## JO-ANN ROSSETTER (not pictured)

*Title I Teacher at Minnehaha Elementary School*

## BRIAN ROSENBERG

*Math Teacher at Two Harbors High School*

Brian was born and raised in Plymouth, MN. He received his degree in Math Education from the University of Minnesota Duluth and a Master in Education from St. Mary's University. Brian's wife, Andrea, teaches for the Duluth School District.

*"I want to thank everyone for being so welcoming! I am excited to be here and work with the Two Harbors students, staff, and community."*



Brian Rosenberg

## RYAN STENGL

*Dean of Students/Counselor at William Kelley School*

Ryan was born and raised in Wausau, Wisconsin. He received a degree in Psychology at the University of Wisconsin and his Master's Degree in Counseling from Marquette University in Milwaukee, WI. He recently received his Master's Degree in Educational Leadership from Cardinal Stritch University in Milwaukee, WI.

*"I'm excited to be here and to work with all of the students and staff of the Lake Superior School District."*



Ryan Stengl

## ERIN SULLIVAN

*4th Grade Teacher at Minnehaha Elementary School*

Erin was born and raised in Chicago, IL. She received her degree from Governor's State University, University Park, IL.

*"I am so excited to teach in District #381!"*



Erin Sullivan

## KRISTI WASKO

*Returning from leave of absence. U.S. History and World History at Two Harbors High School*

Kristi was born and raised in Two Harbors. She received a Bachelor of Arts: Communications and Political Science and a Bachelor of Applied Arts: Teaching Social Studies at the University of Minnesota Duluth. Kristi and her husband, Steve, have twins in college.

*"I am looking forward to being back at Two Harbors High School this year and reconnecting with students and staff."*



Kristi Wasko

## LYNN WISTROM

*5th Grade Teacher at Minnehaha Elementary School*

Lynn was born and raised in Two Harbors. She received her degree in Elementary Education from the University of Wisconsin-Superior.

*"I am thrilled to teach here in Two Harbors."*



Lynn Wistrom

# News from the Nurse

## TOP 10 TIPS FOR A HEALTHY AND HAPPY SCHOOL YEAR

- 10** Smile often! It's easy, will help you feel better and help others feel better, too.
- 9** Fever over 100? Stay home until fever free (without fever reducing medicine) for 24 hours.
- 8** Turn off the electronics! Too much screen time causes headaches, increases stress by decreasing human contact and can prevent sleep!
- 7** Drink water often and eat healthy foods most of the time. You'll look better, have more energy and feel great!
- 6** Be active every day. At least 30 minutes of activity will boost your immune system and make you happier!
- 5** Sleep at least 8 hours EVERY night! Avoid electronics by at least 30 minutes before bedtime.
- 4** EAT BREAKFAST EVERY day!
- 3** Avoid touching your eyes, nose and mouth! It's so easy for germs to enter your body in those places.
- 2** Cough/ sneeze into your elbow! Cover it and keep the germs from spreading!
- 1** Wash your hands often! Do this before eating, after using the bathroom or blowing your nose or touching something 'icky'!

# Bulletin Board

## HOME-SCHOOL STUDENTS

Home-school students must register with the Lake Superior School District and have their immunizations on file. To receive the paperwork necessary to register your children, please call the District Office at 834-8201, ext. 8216.

## SCHOOL BOARD MEETINGS

School board meetings are regularly scheduled for the second Thursday of each month at 6:00 PM. Any individual or group wishing to address the School Board, must contact the District Office at (218) 834-8201, ext. 8216 no later than 3:00 PM, four business days prior to the meeting you wish to attend.

## PARENT-TEACHER CONFERENCES

### Elementary Conferences, November 5 & 6

Parent-teacher conferences for elementary school students will be held Wednesday, November 5, 5-8 PM; and Thursday, November 6, all day and 5-8 PM. Parents will be contacted by their child's teacher regarding a conference time. **No school Thursday, November 6 for elementary students.**

### Two Harbors High School and Silver Bay High School Conferences, November 5 & 6

Parents will be able to attend open conferences with teachers 5-8 PM on Wednesday and Thursday, November 5 & 6, 5-8 PM. **School is in session for high school students on these dates.**

## RECYCLING UPDATE

The Two Harbors High School Enviro Club will be recycling ink cartridges and cell phones once again. This program allows us to raise money while helping to protect the environment. Please bring your used ink cartridges or cell phones to the Principal's office or room 1214. Please call advisor Penny Juenemann at 834-8201 ext. 8287 if you have any questions.



## E-STORE

Parents can pay for K-12 lunch and high school activity fees online at [www.isd381.k12.mn.us](http://www.isd381.k12.mn.us) – click on e-Store.

# I'MPOWER

OPENING DOORS TO BETTER PAYING JOBS, NEW CAREERS, COLLEGE CLASSES, AND BRIGHTER FUTURES.

- GED PREPARATION
- COLLEGE AND CAREER PREP
- BASIC SKILLS BRUSH-UP
- ENGLISH AS A SECOND LANGUAGE
- CAREER ASSESSMENT
- BASIC COMPUTER SKILLS



## Adult Education Classes and Tutorials

**Monday – Thursday  
9:30 a.m. – 4:30 p.m.**

218-834-2280 ext. 3  
AEOA Arrowhead  
Transit Building  
2124 Tenth Street

All classes offered at no cost to the student. Visit us at: [www.aeo.org](http://www.aeo.org)





# U P C O M I N G E V E N T S

## LAKE SUPERIOR SCHOOL DISTRICT

### SEPTEMBER

- 22 World's Best Workforce (WBWF) Meeting, THHS Community Room 4:30 PM
- 24 SB ECFE Big Wheels Event, 6-7 PM at KHS Parking Lot

### OCTOBER

- 1 TH ECFE Big Wheels Event, 6 PM at THHS Student Parking Lot
- 3 KHS Homecoming
- 4 THHS Homecoming
- 16 & 17 Schools Closed, MEA
- 24 & 25 THHS Choir Variety Show
- 27 Community Bullycide Presentation, 6:30 PM THHS Auditorium
- 28 KHS Variety Show
- 30 Quarter Ends
- 31 Schools Closed, Teacher Workshop

### NOVEMBER

- 3 KHS Band Concert, Grades 6-12
- 4 Election Day
- 5 Elementary Conferences, 5-8 PM
- 5 & 6 Secondary Conferences, 5-8 PM
- 6 No Elementary School
- 6 Elementary Conferences all day and 5-8 PM
- 11 Minnehaha 3rd Grade Music Veterans Day Program, 2:00 PM, Minnehaha Gym
- 11 THHS Fall Band Concert
- 13 National Community Ed. Day
- 14 Schools Closed, Teacher Workshop
- 27 & 28 Schools Closed, Thanksgiving

### DECEMBER

- 8 THHS High School Band/Choir Concert
- 10 KES Elementary Music Program, 2:30 PM
- 12 Schools Closed, Teacher Workshop

- 15 THHS Junior High School Band/Choir Concert
- 15 KHS Holiday Music Celebration (Band & Choir)
- 16 Minnehaha Holiday Music Programs, Minnehaha Gym:
  - 9:45 AM, Grade 2
  - 10:45 AM, Grade 3 & Miss Jeska's 4th Grade
  - 12:45 PM, Kindergarten
  - 1:45 PM, Grade 1
- 22-31 Schools Closed, Christmas Break

### JANUARY

- 1 & 2 Schools Closed, Christmas Break
- 5 School Resumes
- 15 End of Semester
- 16 Schools Closed, Teacher Workshop
- 19 THHS Jazz Residency Concert

Complete calendar available online at [www.lakesuperiorsd.org](http://www.lakesuperiorsd.org)

**I M P O R T A N T !**

# Late Starts Due to Weather

**Parents:** Please be aware that we will be utilizing a calling system to notify you of school closings and other important information.

If the early morning weather is questionable we may announce a two (2) hour late start.

Please plan accordingly with your day care providers and family caretakers.

Notification will take place between 5:00 and 5:45 AM. We also report to local media.

In addition, it is important to know that as a parent, if at any time you feel the weather situation would put your child at risk, you can keep them home without an absence deduct.

If you have any questions, feel free to call to discuss them with your child's building principal.

### ATTENTION SENIORS GRADUATION REQUIREMENTS

A letter will be coming home from the THHS Guidance Office in the beginning of September regarding your student's current graduation status. PLEASE review the material and contact the Guidance Office IMMEDIATELY if you are asked to do so in the letter. While the Guidance Office reviews each senior's progress, it is imperative that individual students take responsibility for making sure they are on track with their requirements for graduation. It is an excellent idea for students and parents to review their transcript grades on the Parent Portal. If there are any questions or concerns about the accuracy of these grade/courses, PLEASE contact the Guidance Counselor, Kerri Persons, as soon as possible at 834-8201 Ext. 8206.

KHS Counselor Ryan Stengl, and/or Principal Joe Nicklay, will be meeting individually with Kelley students the first month of school to discuss graduation requirements.

### ATTENTION JUNIORS PSAT TEST

The PSAT test will be given at THHS on Wednesday, October 15th. This test is recommended for juniors in the top 30-40% of their class as a preparation for taking college entrance tests later this year or next fall. More information will be provided to juniors later in September regarding this test, so students should pay attention to daily announcements and information provided in homeroom.

**ACT test dates: Students are HIGHLY encouraged to register for the ACT PLUS Writing as most schools require a Writing score.**

Test Date	Registration Deadline	Late Fee Required
October 25, 2014	September 19, 2014	Sept. 20- Oct. 3, 2014
December 13, 2014	November 7, 2014	November 8-21, 2014
February 7, 2015	January 9, 2015	January 10-16, 2015
April 18, 2015	March 13, 2015	March 14-27, 2015
June 13, 2015	May 8, 2015	May 9-22, 2015

The ACT test will be administered in Silver Bay on October 25, December 13, and April 18 if enough students are registered for the test. If a student misses the testing dates in Silver Bay the test may be taken on one of the other test dates in Duluth.

### BRAG SHEETS

In preparation for completing college and scholarship applications, seniors are encouraged to fill out a Brag Sheet and make copies of this sheet. A Brag Sheet is a tool available in the Guidance Office that help students focus their thoughts regarding their own strengths, abilities, goals, etc. Brag Sheets can be used as a resource when students are asked to write essays for various applications and copies can also be given to staff when students ask them to write letters of recommendation on their behalf. While many of the application and scholarship deadlines are later in the year, it is a good idea for students to take time now to fill out a Brag Sheet so that they have it readily available throughout the year when various deadlines approach. Many teachers find Brag Sheets particularly helpful when writing letters of recommendation and will request that students provide a copy for them.

In addition to filling out a Brag Sheet, students should also compile a list of all the activities (both at school and within the community) that they have been involved in during their 9th-12th grade years. Almost all applications request this information and having a list already compiled will be another helpful resource as deadlines approach.

### KHS STUDENTS AND PARENTS

Senior students who plan to attend college next year should spend time in the career center; talk with the college recruiters visiting our school, and pay close attention to the daily announcements. Additional information and help can be obtained from the counselor. This winter there will be a college



representative at KHS providing a session on how to fill out FAFSA forms (Free Application for Federal Student Aid). The KHS scholarship booklet, containing information on local scholarships, will be available in the guidance office or in the high school library. The PSAT test will be given at WKHS on Wednesday, October 15.

**ACT** registration packets are available in the counseling office or students can register on line at [www.actstudent.org](http://www.actstudent.org).

## TEAM (Together Everyone Achieves More)

Two Harbors High School will be offering a new course taught by Principal (Jay Belcastro) and Assistant Principal (Julie Benson) as well as other staff and community members. The focus of the course is character development.

The class will be taught to all THHS 7th graders over a nine week course. The course objectives will focus on:

- Communication Skills
- Teamwork
- Personal Focus
- Peer Understanding/Acceptance
- Study Skills
- High School Academic Plan
- Career Investigation

For more information contact:

Jay Belcastro, Principal  
Two Harbors High School  
834-8201 ext. 8202  
[jbelcastro@isd381.k12.mn.us](mailto:jbelcastro@isd381.k12.mn.us)

## MINNESOTA STATEWIDE TESTING PROGRAM

Additional testing is now required by the State of Minnesota for all students. Currently students take Minnesota Comprehensive Assessments (MCAs) and alternate assessment, Minnesota Test of Academic Skills (MTAS). These tests meet the Federal requirements of the Elementary and Secondary Education Act (ESEA) and are administered in the spring. Students in grade 3-8 and 10 take a reading test. Students in grades 3-8 and 11 take a math test. Students in grades 5, 8, and 10 or 11 also take a Science test. These results are used to measure students' progress toward meeting Minnesota's academic standards. The tests are administered online and preliminary results are known immediately. Students may take the Optional Local

Purpose Assessment in reading and math. This test is a preliminary for the MCAs. It helps teachers design instruction that will help their students meet the standards and therefore score well on the MCAs. Students may take the math test twice and the reading test once. These assessments are online and the results are immediate.

Recent MN legislation now requires that students take Career and College readiness assessments in grade 8 and 10 and a College Entrance exam in grade 11. These tests are required in order to graduate. In November, students in grades 8 will take the **Explore** test and students in grade 10 will take the **Plan**. The tests measure math, reading English and science. There is also a career interest inventory component. The tests are administered on paper

Students in grade 11 will take the college entrance exam **ACT Plus Writing**. This test provides information to students, their parents, and educators regarding the level of preparedness for post-secondary. This test will be administered on April 28th.

Beginning in 2016, students who are not prepared for the college entrance exam based on their Explore and Plan or their MCA results, will take the **Compass**. This is a diagnostic test and will help plan remediation. This year, it is a local decision as to whether or not this year's 11th graders take the test.

The chart below is from the Minnesota Department of Education's website and shows a summary of the tests by grade level. Additional information regarding these assessments and graduation requirements is available on the MDE website. <http://education.state.mn.us/MDE/JustParent/TestReq/index.html>

**Minnesota Statewide Testing Program**

Assessment	K	1	2	3	4	5	6	7	8	9	10	11	12
<b>MCA and MTAS</b>													
• Reading				◆	◆	◆	◆	◆	◆		◆		
• Math				◆	◆	◆	◆	◆	◆			◆	
• Science						◆			◆			◆	
<b>ACCESS for ELLs</b> (English Learners only)	■	■	■	■	■	■	■	■	■	■	■	■	■
<b>Explore and Plan</b> (Math, Reading, English & Science)									●		●		
<b>Compass</b>												●	
<b>ACT</b>													●

◆ Required for federal and state accountability. Developed and administered by the state (includes MCAs and special education assessments)

■ Required for English Learners for federal Title III accountability. Used as exit criterion for state funding. An alternate assessment is available for ELs with significant cognitive disabilities

● Nationally available assessment required as part of Career & College assessments

Minnesota Department of  
Education

# That's Learning, Leading, Linking COMMUNITY Ed

## IS YOUR CHILD 3 ½?

### EARLY CHILDHOOD SCREENING REQUIRED

Early Childhood Screening is **REQUIRED** for entrance in Minnesota's public schools. This free screening is a brief, simple procedure used to identify potential health or developmental problems in children **between the ages of three and four**.



A trained professional will check

- Hearing and vision
- Height and weight
- Immunizations
- Large and small muscles
- Thinking, language and communication skills
- Social and emotional development

This screening is important, please make it a priority. Contact Sandi at 218-834-8201 extension 8230 or Kim at 218-226-4437 extension 8158 when your child is 3 1/2 to schedule a screening.

*Early childhood years from birth to kindergarten are an important time of rapid learning and growth!*

### PROJECT READ (Red Book Shelves)

New or gently used children's books appropriate for birth to age five are being collected at the Community Education offices. These books are redistributed free at Red Book Shelves at the following locations:

Two Harbors: Laundromat, Credit Union, Lake County Services Bldg.

Beaver Bay: Laundromat

Silver Bay: Mary Mac

### REMINDER!

Facility Scheduling is now paperless! Requests should be made online.

To become a requester: <http://fsisd381.rschooldtoday.com/authentication/credential/requesterlogin>

**Questions?** Please get in touch with our Community Education Director, Chris Olafson Langenbrunner [colafson@isd381.k12.mn.us](mailto:colafson@isd381.k12.mn.us) or 218-834-8201, ext. 8227.

## CENSUS UPDATE

- Are you new to the district with an infant or preschooler?
- Do you have an addition to your family?
- Have you moved?
- Has your phone number changed?

Please update your family account by "registering" for the Census, online at [https://ssl.dwebsite.com/secure2/ce\\_isd381/php/public.php](https://ssl.dwebsite.com/secure2/ce_isd381/php/public.php) or call 834-8201, ext. 8230 or 226-4437, ext. 8158 to verify that your family is included in the current school district census statistics. It is especially important that you don't miss out on special communications mailed to families with preschoolers.

## COMMUNITY EDUCATION ADVISORY COUNCIL

The Advisory Council provides input and advice to the Community Education Department. Community Education offerings include: after school programs, adult education, youth activities, community use of school facilities, early childhood family education, preschool and more.

The Advisory Council meets four times a year. We welcome your ideas, suggestions, concerns and questions. Our meetings are open to the public. If you would like more information, or would like to attend a meeting, please contact Chris Langenbrunner, Community Education Director, 218-834-8201, ext. 8227.

Current Council Members:

Karen Tucker  
Tom Clifford  
Shelby Wrege  
Maggie King  
Mary Aijala  
Debbie Alm

Deade Johnson  
Michelle Backes-Fogelberg  
Jan Ringer  
Paul Borg  
Tom Burns

## REGISTER ONLINE FOR COMMUNITY EDUCATION CLASSES!

Signing up for Community Education classes is easy! Just go to our Web site at [www.isd381.k12.mn.us](http://www.isd381.k12.mn.us) and click on Community Education. Next, click on the Classes & Registration button on the navigation bar. There you can view the current class schedule, choose a class and pay for it using your debit or credit card. It's that easy and convenient. Sign up today!

Scan code to go directly  
to registration.





## Annual Holiday Trip Set for December 6

### ***Shop till you drop!***

Join us for a fun day of shopping at the  
Mall of America, IKEA, and Rosedale.

### **Saturday, December 6:**

- 6:00 AM - Depart Two Harbors from the THHS parking lot on Cedar Road
- Breakfast at Tobie's in Hinckley (approx. 45 minutes)
- Drop off at Rosedale
- Drop off at IKEA and Mall of America
- Noon – Pick up at Ikea and drop off at Mall of America
- **3:00 The bus will allow you to switch malls and store your purchases in the middle of the day.**
- 5:45 PM - Leave Mall of America
- 6:30 PM - Leave Rosedale
- Stop in Forest Lake for a quick dinner (fast food)
- Return to Two Harbors at approx. 10:30 PM

**\$45 per person. Fees must be paid by Tuesday, Nov. 18.**  
No refunds will be made unless the trip is canceled.

Call Community Education, 834-8201, ext. 8230 or  
226-4437, ext. 8137 for more information.

***Bring large bags with name tags to store  
your purchases in bus.***



REMINDER TO ***"Shop Local!"***

Whether you are going on this shopping trip  
or not, remember many local stores offer  
discounts and sale specials  
on items that make great gift ideas!  
Do your best to support local business in  
Lake County. Community Education gift  
certificates are also available.

## Bullying *continued from page 2*

their own showing. These students will also combine with school staff and administration, in the auditorium of the Two Harbors High School and be presented with the program based on the book "Bullycide in America", which was compiled by Brenda High and written by mothers who have lost a child to suicide due to excessive bullying. The production tells the true stories of ten individuals who committed suicide, as well as personal stories of members in the cast ranging from isolation to cutting.

The fourth and final show, will be a **FREE** community event, open to parents, caregivers, business professionals, citizens, elected officials, faith leaders, mental health professionals, health and safety professionals, recreational leaders and the like in an evening performance at the Two Harbors High School auditorium.

### **SAVE THE DATE**

Please remember to save the date of **OCTOBER 27, 2014** and plan on attending the performances of the Trust Theatre Ensemble. Here are a few testimonials of people who have watched the performances of the Trust Theatre Ensemble:

- "This is one of those presentations that after you have brought it to your school you say "Why didn't I do this sooner." - Principal of a Lansing High School.
- "Thank you for your dedication to the students and staff of this country. You are making a difference in children's lives!" -School Bus driver coordinator.
- The Bullycide Project at the School Transportation Association of Indiana
- From the principal at Pierce Middle School Grosse Pointe: "On behalf of our students, faculty, staff, and parents, thank you for your moving and heartfelt presentation of The Bullycide Project. Your performers and crew had a message that needs to be heard by all. Your production challenged everyone to stop and reflect upon the choices they make. How we treat others is so important if we are going to make a difference in our world. I can't think of anything more important in life or education than a "quality relationship." Your cast and crew clearly established that "quality relationship" with our audience."
- "I watched the performance today, and first off, congrats on a great performance. It really touched my heart and I was able to relate directly to a few of the stories. In fact, while standing in the lunch line I heard a boy saying he wanted to apologize to some people for bullying them. It was good to see that it touched people other than myself."

Anyone wishing to learn more about the Trust Theatre Ensemble and THE BULLYCID PROJECT is encouraged to go to YouTube and search for: **The Bullycide Project 2013 Trailer** or click the "LIKE" button on their Facebook page.

See you in October!



# SILVER BAY COMMUNITY EDUCATION

## AFTER SCHOOL ACTIVITIES

Classes listed below will be offered afterschool. Please note individual class dates. Students will sign in after school in the cafeteria and have a snack that is provided. They will then go to their respective class from 3:40-5:00, and may not leave until 5:00 unless picked up by a parent/guardian.

**Transportation, snacks, and supplies are provided by a grant from the Silver Bay Area Charitable Fund (Duluth Superior Community Foundation).** Students who need transportation home must sign up by noon each day if they need transportation. Sign up will be outside the Community education Office. **Classes are listed at a reduced price due to a donation from the Silver Bay PTSO.**

### AFTERSCHOOL SWIM, GRADES 2-6

Splash and have fun with your friends swimming. Bring your suit and towel. Must wear swim cap.

Instructor: Jamie Gnerer

WKHS Pool

10/06/2014—12/08/2014

Monday, 3:30 PM—5:00 PM

\$20

### JR. CHEER, GRADES 1-6

Put a little pep in your step with the Mariner Cheer Squad by learning your favorite cheers and chants. Half-time show date and time to be determined.

Gym shoes and clothes required.

Instructor: Stacy Breden

WKHS Auditorium Lobby

10/14/2014—12/02/2014

Tuesday, 3:30 PM—5:00 PM

\$17

### LEGO ROBOTICS, GRADES 1-6

Kids love LEGOS!! Build LEGO models featuring working motors and sensors and then program the models using robotics software. This class will develop skills in science, technology, engineering, and mathematics, as well as language and literacy. No class Nov. 26.

Instructor: Keri Johansen

WKES - Computer Room

10/08/2014—12/10/2014

Wednesday, 3:30 PM—5:00 PM

\$20

### COOKING WITH KIDS, GRADES K-6

Come learn how to cook easy, healthy, fun meals!! No class Oct. 16, Nov. 6 and Nov. 27

Instructor: Gigi Maxwell

FACS Room 115

10/09/2014—12/11/2014

Thursday, 3:30 PM—5:00 PM

\$17

## YOUTH ACTIVITIES

### DRIVER EDUCATION

Thirty hours of classroom and six hours behind the wheel

instruction for students 15 and up. Classroom instruction is offered twice

during the school year; fall and summer. Behind-the-Wheel is held throughout the year.

Students who complete the full course in Lake Superior

School District will receive 1/2 high school credit (pass-fail) to qualify for Minnesota tax deduction and tax credit.

\$200 is due at registration and \$200 by the first day of class. (If you register on-line, you will be charged the full \$400). Please list student's full legal name and birth date when registering. Need 20 students registered to hold class. Parents are encouraged to register for the parent meeting. Call Community Education with questions, 226-4437, ext. 8137.

Instructor: Chris Belanger

WKHS - 003 Computer Room

10/10/2014—11/17/2014

See Community Ed. Office for classroom date schedule.

\$400

### DRIVER EDUCATION PARENT MEETING

This past spring, the Minnesota State legislature passed a new law — the Graduated Driver License (GDL) that changes the requirement for students and families in regards to Driver's Education. We have always highly encouraged parents to attend our "parent night" during the classroom portion of DE. With the new law, there is a more stringent parent class time commitment (90 minutes) and the curriculum is specified. Certificates are awarded for completion of the Parent Session. Attendance for a parent is optional, but if a parent does not attend, the newly required "log of supervised driving time" that you and your teen have documented will vary in time requirements. All teens will need to submit a log after January 1, 2015 (when they take their driver's test), however, fewer hours of verified driving are required for teens who have had a parent who has attended the parent session. Students are not required to attend this meeting; it does not count towards their required 30 hours of class time. There is no additional cost for the parent meeting.

Instructor: Chris Belanger

WKHS Cafeteria

10/28/2014

Tuesday, 6:00 PM

No Fee



## COMPUTER TRAINING

### SENIOR SURF DAY

Seniors (60 and up) are invited to a two-hour class on learning computer basics, Internet searching, and accessing websites of interest to seniors. This class is designed for those who have little or no computer experience. Key Points: How to type in a web address and navigate from one webpage to the next; How to determine if a website is secure; How to conduct searches using common search engines; How to access Internet sites that will assist you in obtaining information on your own, including the Medicare.gov website, the Administration on Aging webpage, and MinnesotaHelp.info among many others.

There is no fee for this class, but you must pre-register. Class is held at North Shore Area Partners.

Instructor: Mary Aijala

Mary MacDonald Building

10/06/2014, 10/20/2014, 11/03/2014, 11/17/2014,

12/01/2014, 12/15/2014

Mondays, 10:00 AM—12:00 PM

No Fee

### BUILDING A SUCCESSFUL FACEBOOK PAGE FOR A BUSINESS OR NON PROFIT

Learn the difference between a personal account and a Facebook page for small businesses or organizations. Learn quick tips on making a page effective to build and engage fans. Discover the keys to getting people to Like, Comment and Share your posts.

Instructor: Jerry Thoreson

WKHS - Computer Room 101

10/22/2014

Wednesday, 5:00 PM—6:30 PM

\$20

### 25 SECRETS OF THE IPHONE

You have a powerful mobile device that has features that are often unknown. 25 (or more) features of the iPhone will be discussed, many are unknown to most users. Class is for iPhone users only. Bring your phone.

Instructor: Jerry Thoreson

WKHS - Computer Room 101

10/22/2014

Wednesday, 6:30 PM—8:00 PM

\$20

### INTRODUCTION TO WINDOWS 8

Learn how to navigate around Windows 8 and how to use key interfaces within Windows 8. Bring your laptop with Windows 8 installed.

Instructor: Daisy Quaker

WKHS - Computer Room 101

10/29/2014

Wednesday, 5:00 PM—6:30 PM

\$20



## STUDENTS TO SENIORS: MULTI-AGE TECH TRAINING

Seniors will have the opportunity to learn about technology in a customized 1:1 setting. Fun, free food, your very own student helper. Seniors can choose from a variety of topics. Bring your own device (phone, tablet or digital camera) or use a school iPad or computer. Choose your topic: digital photography, Facebook, e-mail, Internet searching and online safety, Skype, iPhones, iPads, Smart Phones.

This will be a self-paced workshop where students and seniors work together to learn new technology skills in a fun and stress free environment. Refreshments will be provided.

Instructor: Shawn Goette  
WKHS - Computer Room 101  
11/05/2014

Wednesday, 4:00 PM—6:00 PM  
No Fee

## 25 TIPS AND TRICKS OF THE IPAD

Do you only use your iPad for Facebook and games? Learn 25 tips and tricks that will help you use your iPad for more! Class is for iPad users only. Bring your iPad.

Instructor: Jerry Thoreson  
WKHS - Computer Room 101  
11/12/2014  
Wednesday, 5:00 PM—6:30 PM  
\$20

## TIPS ON BETTER PHOTOS WITH A SMARTPHONE

Phones are capable of taking incredible photos that just a few years ago only an expensive digital camera could do. Learn some basic principles that will help you take better photos. We will also look at several editing apps that allow you to do things expensive digital cameras cant do! Bring your smartphone.

Instructor: Jerry Thoreson  
WKHS - Computer Room 101  
11/12/2014  
Wednesday, 6:30 PM—8:00 PM  
\$20

## FACEBOOK

Learn what Facebook is, how it works, and how to make it work for you. Create your profile and use it to connect with friends all over the world. Learn how to use your newsfeed, send messages, upload photos, search for people, create events, join groups and manage your privacy settings.

Instructor: Shawn Goette  
WKHS - Computer Room 101  
12/09/2014  
Tuesday, 4:30 PM—6:00 PM  
\$20



## COOKING AND FOODS

### CANNING 101

Learn how to can your vegetables and berries. If you have a pressure canner or a hot water bath along with canning jars, feel free to bring them for a hands on experience, or observe and take notes. Please contact Beverly Yoki with any questions 218-220-1138.

Instructor: Beverly Yoki  
WKHS - FACS Room 115  
10/09/2014  
Thursday, 6:00 PM—9:00 PM  
\$15

### LEFSE

Join us for a fun evening while you learn to make this Norwegian favorite. Bring containers to take home your Lefse. Class fee includes ingredients.

Instructor: Paul Taintor  
WKHS - FACS Room 115  
11/11/2014  
Tuesday, 6:30 PM—7:30 PM  
\$17

### CANNING MEAT

Learn how to can meat. If you have a pressure canner and jars feel free to bring them for a hands on experience, or observe and take notes. For questions contact Beverly Yoki 218-220-1138.

Instructor: Beverly Yoki  
WKHS - FACS Room 115  
11/18/2014  
Tuesday, 6:00 PM—10:00 PM  
\$15

### HOMEMADE BREAD BAKING

Learn to bake white bread and/or buttermilk rye bread for your Thanksgiving dinner. You will take home two recipes and hot fresh bread!

Instructor: Gigi Maxwell  
WKHS - FACS Room 115  
11/20/2014  
Thursday, 6:00 PM—9:00 PM  
\$9

## GENERAL INTEREST

### NATIVE PLANT PROPAGATION - SEED COLLECTION AND STORAGE

This will be an introductory overview to the process of identifying, collecting, and storing native perennial wildflower seeds for propagation into new plantings for the following spring. This class will provide a full overview of this process, but focus specifically on the parts of the process that take place in the fall identifying plants, assessing what types of seeds they produce, and collecting these seeds for winter storage. The class will start indoors with a brief presentation, and then move outside for field work practicing identifying plants and collecting their seeds. Seeds will be labeled and placed into storage. Depending on student interest, there may be opportunity for future courses in seed storage, constructing simple grow-light systems for home propagation, and starting seedlings in the home.

Instructor: Dan Schutte  
WKHS - ITV Room 103-A  
10/07/2014  
Tuesday, 5:00 PM—7:00 PM  
\$7



### RETIRE WISELY

47% of Americans age 56 to 62 could run out of funds to pay for basic retirement expenses if they were to retire at age 65. Will you have enough to retire? Will your retirement income last? Are your assets protected? Join us for this complimentary one hour presentation to learn how to manage six risks all retirees face: outliving income, inflation, unpredictable events, market volatility, income taxes and rising health care costs.

Instructor: Gregory Hanson  
WKHS - Library  
10/09/2014  
Thursday, 6:00 PM—7:00 PM  
\$5

## GENERAL

### DRIVER IMPROVEMENT - 4 HOUR REFRESHER

This driver improvement refresher course is for anyone who has already taken the 8 hour, first time class. Taught by a MN Hwy Safety Center trained instructor, it will explore changes in traffic laws, the latest vehicle technology, traffic safety, and accident prevention. Completion of this class qualifies for a 10% reduction on automobile insurance premiums in MN for those ages 55 and over. Feel free to bring a drink and snack to enjoy during the class.

Instructor: Dean Skalicky  
WKHS - Library  
10/13/2014  
Monday, 5:00 PM—9:00 PM  
\$20

## DRIVER IMPROVEMENT - 8 HOUR

This driver improvement course is the 8 hour, first time class. Taught by a MN Hwy Safety Center trained instructor, it will explore changes in traffic laws, the latest vehicle technology, traffic safety, and accident prevention. Completion of this class qualifies for a 10% reduction for 3 years on automobile insurance premiums in MN for those ages 55 and over.

Instructor: Dean Skalicky

WKHS - Library

10/15/2014—10/16/2014

Wednesday, Thursday, 5:00 PM—9:00 PM

\$24

## TOP TEN ESTATE PLANNING ERRORS AND CELEBRITY TALES OF CAUTION

Ruthanne Vos, attorney with the Mathison Law Office in Grand Marais, will lead an informative and entertaining presentation on the importance of estate planning at every stage of life, along with common estate planning errors. Well-known celebrity errors are highlighted to illustrate how failure to plan and failure to follow through may result in unintended outcomes. The presentation will cover basic estate planning considerations: wills, trusts, powers of attorney, health care directives, planning for incapacity, probate avoidance and estate taxation.

Instructor: Ruthanne Vos

WKHS - ITV Room 103-A

10/20/2014

Monday, 6:30 PM—8:00 PM

\$7 per person or \$10 per couple

## PREPARING FOR LONG-TERM CARE: A GIFT YOUR FAMILY DESERVES

In an instant, an accident or diagnosis can change your life and your family's. Where would you receive care? Who would provide it? How would you pay for it? Please join us for a complimentary presentation to learn more about long-term care and how you and your family can prepare for it emotionally, physically and financially.

Instructor: Gregory Hanson

WKHS - Library

10/23/2014

Thursday, 6:00 PM—7:00 PM

\$5

## RETIREMENT DISTRIBUTION & SOCIAL SECURITY

When it comes to navigating the Social Security landscape, the choices can be overwhelming. And even just one mistake can be costly for the rest of your life. Join us for a presentation to explore how to sort through the red tape and options to help ensure the choices you make are right for you.

Instructor: Gregory Hanson

WKHS - Library

10/30/2014

Thursday, 6:00 PM—7:00 PM

\$5

## HEALTH/SAFETY/WELLNESS

### WOMEN'S SELF DEFENSE

Self-defense and self-protection are an important priority for women. The best defense is the ability to recognize situations that should be avoided. But when circumstances arise that can't be avoided, and you find yourself threatened, then the best chance for survival is to fight back. In this class you will learn some basic self-defense techniques

that will surprise your attacker and give you extra time to escape. For age 12 and up.

Instructor: Gerry Chaney

WKHS - Gym

11/18/2014

Tuesday, 6:00 PM—8:00 PM

\$10

## LANGUAGES

### LEARNING SPANISH

Come join in the fun of learning a new language! In this class you will learn and be able to use a wide variety of Spanish vocabulary. 11 classes

Instructor: Sandra Schrupp

WKHS - Library

10/07/2014—12/16/2014

Tuesday, 5:00 PM—6:00 PM

\$40

## MUSIC AND DANCE

### JUST ONCE PIANO FOR HOPELESSLY BUSY PEOPLE

Some music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just a few hours you can learn enough secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. And you can learn all the chords you'll need to play any song in this one session. Any song. Any style. Any key. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. As seen on PBS—"Piano in a Flash". Fee includes a workbook and a practice CD.

Instructor: Mark Blom

WKHS - Choir Room

10/07/2014

Tuesday, 6:30 PM—9:30 PM

\$54

### JUST ONCE GUITAR FOR BUSY PEOPLE

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. For more information go to [justonceclass.com](http://justonceclass.com). Fee includes a workbook and practice DVD.

Instructor: Mark Blom

WKHS - Choir Room

10/14/2014

Tuesday, 6:30 PM—9:00 PM

\$54

## POOL ACTIVITIES

### EARLY MORNING LAP SWIM

Lap swim for ages 12-adult. Must bring cap, suit and towel.

Instructor: Sidney Topp

WKHS - Pool

9/15/2014—12/10/2014

Monday, Wednesday, 6:45 AM—7:30 AM

\$132

## THURSDAY EARLY MORNING LAP SWIM

Lap swim for ages 12-adult. Must bring cap, suit and towel. NO Class Oct. 16 and Nov. 27

Instructor: Sidney Topp

WKHS - Pool

9/18/2014—12/11/2014

Thursday, 6:45 AM—7:30 AM

\$56

### EVENING LAP SWIM

Lap swim for ages 12-adult. Must bring cap, suit and towel.

Instructor: Jamie Gnerer

WKHS - Pool

9/15/2014—12/10/2014

Monday, Wednesday, 5:30 PM—6:30 PM

\$158

### FAMILY SWIM NIGHTS!!

Family Swim Night!! Come and bring your family for a night of fun and splashing! Look forward to seeing your family there! NO Class Nov. 27

Instructor: Jamie Gnerer

WKHS - Pool

10/23/2014—12/11/2014

Thursday, 6:00 PM—8:00 PM

\$64 per family

### WATER BABIES

Bring your tots to the pool!!! This class is going to get your babies used to the water with some fun activities. A parent has to be in the pool with them. This class is for children newborn (as long as they can hold their own head up) to age 4.

No Class Nov. 27

Instructor: Jamie Gnerer

WKHS - Pool

10/23/2014—12/11/2014

Thursday, 5:30 PM—6:00 PM

\$22



## SPORTS AND EXERCISE

### TOTAL TONING CLASS

This class focuses on toning muscles in the body through repetitive motion, with and without weights. Each class will focus on a different muscle group and working that group to add strength and endurance, while tightening and toning. Class will be strictly focused on strength. There will be no cardio training for the simple fact that we want to focus on the muscle without being winded. Its an aerobic activity, meaning we need oxygen to get to those muscle to push them to their full potential so that they can strengthen and firm. This class is light to moderate intensity. Items needed: Water bottle, Mat, Weights (3 to 5 lb. suggested. Heavier or lighter if you like), Proper athletic attire.

Instructor: Beth Reichensperger

WKHS - Library

10/06/2014—12/10/2014

Monday, Wednesday, 5:15 PM—6:00 PM

\$96



## SPORTS AND EXERCISE

### GROUP CIRCUIT TRAINING

Circuit Training is one of the most effective ways one can stay in shape and lose weight. It tackles every major muscle group by challenging endurance and strength. A single session of CT of one hour can burn anywhere from 400-600 kcals, depending on body type and effort put into the class. This class will be challenging at first, but as you continuously attend, you'll notice you'll be able to perform the exercises properly and more efficiently. I will also help modify movements if they are too challenging, and please don't hesitate to take short breaks when needed. We will be getting on the floor, so bringing a mat of some sort may be a good idea, but is not required. Just know that putting something under your knees or lying on something will aid in comfortably executing the movement. There will be jumping around, so if you have any knee problems, back, neck, etc. please let me know so we can work on modifying the exercise. Weights are recommended, but not required. We will be doing lots of weighted activity, multiple reps, so please bring a weight that you can handle. Water bottles and clean athletic shoes (or comparable) are required.

Instructor: Beth Reichenspenger

WKHS - Library

10/06/2014—12/10/2014

Monday, Wednesday, 6:15 PM—7:15 PM

\$120

### PILATES

Join us weekly to learn the basic movements and principles of Pilates! This is a mat class that will reduce stress, build strength, and increase flexibility and agility. We will integrate core control, correct breathing, and proper postural alignment. Please wear comfortable clothing. Shoes are not required, but bring your own mat to class. All ages and abilities are welcome!

Email questions to tess.taintor@gmail.com.

No Class Oct. 27 and Dec. 1

Instructor: Tess Taintor

WKHS - Library

10/06/2014—12/08/2014

Monday, 7:30 PM—8:30 PM

\$77

### BASIS OF NUTRITION

This class will offer the fundamental basics on nutrition. From fats, carbohydrates, and proteins, to how your body utilizes each and what foods are necessary for proper function. This is NOT a weight loss class, but can help in the weight loss battle. Each week I will provide a yummy, nutritious dish to help the senses and mind ease into how you, at home, can cook with healthy foods. \*\*\* I will not use any sort of fake sugar or reduced fat items. Please bring a pen/pencil and paper to take notes. \$5 ingredient fee paid to instructor on the first day of class.

Instructor: Beth Reichenspenger

WKHS - Library

10/07/2014—12/09/2014

Tuesday, 6:30 PM—7:30 PM

\$60

### ADULT CO-ED VOLLEYBALL

Spend your Wednesday evenings playing this fabulous lifetime sport! Whether you know how to play or not, you will be sure to have fun! The league will be governed by league house rules. Teams will be made up of males and females, and one female must be on the court at all times. Teams will get to play two matches every Wednesday. Sign up today! No class Nov. 26.

Instructor: Kelly Fenstad

WKHS - Gym

10/15/2014—12/10/2014

Wednesday, 6:30 PM—8:00 PM

\$15

### WALKING PASSES

William Kelley High School in Silver Bay could provide an option for walking. Walkers are welcome to use school halls for exercise Monday - Thursday from 6:30 - 7:30 AM and 4:00 - 7:00 PM. The buildings will not be open on school holidays or weekends. For safety purposes, running/jogging and strollers are not allowed. Clean walking shoes and ID badge are required. Your \$3 annual fee covers the cost of the walker ID badge (payable in the Community Education office).

\$3

## TWO HARBORS COMMUNITY EDUCATION

## ARTS, CRAFTS & HOBBIES

### BRIDGE, THE CARD GAME

All level players welcome to attend. At the beginning of each class, there will be a time for questions and discussion of the rules, laws and the playing of the game of bridge. You will play bridge for the remainder of the class. Handouts will be given. No class 11/26. Register by 10/8.

Instructors: Sharon Kettner & Ginny Young

THHS - FACS Cooking Room 2305

10/15/2014—12/10/2014

Wednesday, 5:00 PM—7:00 PM

\$22

### BURLAP WREATH

Burlap is the latest in home decor. In this class we will use burlap to make a wreath. It's very easy and can be re-decorated and re-embellished to fit the season and your home. All materials will be furnished.

Register by 11/7.

Instructor: Suzy Whitney

THHS - FACS Sewing Room 2301

11/18/2014

Tuesday, 6:00 PM—8:00 PM

\$26



### DOODLE SHOES

Age 10 to adult. Grab a pair of canvas shoes and come to this class ready to doodle. Using sharpies (provided by instructor) you will transform your plain shoes into one-of-a-kind masterpieces! Fun and easy. Register by 10/8. Instructor: Suzy Whitney

THHS - FACS Cooking Room 2305

10/14/2014

Tuesday, 6:00 PM—9:00 PM

\$13

### HOLIDAY BASKET

This beautiful red/green accented basket is woven on a 6" wooden base. Students will learn how to twine the colored reed to decorate this basket. It is about 10" in diameter. Register by 11/26.

Instructor: Jan Ringer

THHS - FACS Cooking Room 2305

12/05/2014

Friday, 10:00 AM—4:00 PM

\$28



### HOLIDAY WREATH MAKING

In this class you will be instructed on how to design and make a festive holiday wreath from fresh harvested greens. Participants will be provided the necessary materials and tools to make and take home a fully decorated wreath which includes a hand-made bow. A demonstration will also be given on how to make an outdoor green arrangement to adorn your porch or deck for the holidays. Register by 12/1.

Instructor: Michelle Libby

Minnehaha - Cafeteria

12/04/2014

Thursday, 6:00 PM—8:30 PM

\$25

## COMPUTER TRAINING

### 25 SECRETS OF THE IPHONE

You have a powerful mobile device that has features that are often unknown. 25 (or more) features of the iPhone will be discussed, many are unknown to most users. Class is for iPhone users only. Bring your phone.

Instructor: Jerry Thoreson

THHS - Computer Lab 1109- Media Center

10/29/2014

Wednesday, 6:30 PM—8:00 PM

\$20

## 25 TIPS AND TRICKS OF THE IPAD

Do you only use your iPad for Facebook and games? Learn 25 tips and tricks that will help you use your iPad for more! Class is for iPad users only. Bring your iPad.

Instructor: Jerry Thoreson  
THHS - Computer Lab 1109- Media Center  
11/19/2014  
Wednesday, 5:00 PM—6:30 PM  
\$20

## BUILDING A SUCCESSFUL FACEBOOK PAGE FOR A BUSINESS OR NON PROFIT

Learn the difference between a personal account and a Facebook page for small businesses or organizations. Learn quick tips on making a page effective to build and engage fans. Discover the keys to getting people to Like, Comment and Share your posts.

Instructor: Jerry Thoreson  
THHS - Computer Lab 1109- Media Center  
10/29/2014  
Wednesday, 5:00 PM—6:30 PM  
\$20

## FACEBOOK FOR BEGINNERS

Learn what Facebook is, how it works, and how to make it work for you. Create your profile and use it to connect with friends all over the world. Learn how to use your newsfeed, send messages, upload photos, search for people, create events, join groups and manage your privacy settings.

Instructor: Kris Lee  
THHS - Computer Lab 1109- Media Center  
12/09/2014  
Tuesday, 4:30 PM—6:00 PM  
\$20

## INTRODUCTION TO WINDOWS 8

Learn how to navigate around Windows 8 and how to use key interfaces within Windows 8. Bring your laptop with Windows 8 installed.

Instructor: Daisy Quaker  
THHS - Computer Lab 1109- Media Center  
10/22/2014  
Wednesday, 5:00 PM—6:30 PM  
\$20

## SENIOR SURF DAY

Seniors (60 and up) are invited to a two-hour class on learning computer basics, Internet searching, and accessing websites of interest to seniors. This class is designed for those who have little or no computer experience. Key Points: How to type in a web address and navigate from one webpage to the next; How to determine if a website is secure; How to conduct searches using common search engines; How to access Internet sites that will assist you in obtaining information on your own, including the Medicare.gov website, the Administration on Aging webpage, and MinnesotaHelp.info among many others. There is no fee for this class, but you must pre-register.

Instructor: Jan Ringer  
THHS - Computer Lab 1109- Media Center  
10/21/2014  
Tuesday, 4:00 PM—6:00 PM  
No Fee

## SENIOR SURF DAY

Instructor: Jan Ringer  
THHS - Computer Lab 1109- Media Center  
11/11/2014  
Tuesday, 4:00 PM—6:00 PM  
No Fee

## STUDENTS TO SENIORS: MULTI-AGE TECH TRAINING

Seniors will have the opportunity to learn about technology in a customized 1:1 setting. Fun, food, and your very own student helper. Seniors can choose from a variety of topics. Bring your own device (phone, tablet or digital camera) or use a school iPad or computer. Choose your topic: digital photography, Facebook, e-mail, Internet searching and online safety, Skype, iPhones, iPads, or other portable devices. This will be a self-paced workshop where students and seniors work together to learn new technology skills in a fun and stress free environment. Refreshments will be provided.

Instructor: Kris Lee  
THHS - Computer Lab 1109- Media Center  
11/05/2014  
Wednesday, 4:00 PM—6:00 PM  
\$5

## TIPS ON BETTER PHOTOS WITH A SMARTPHONE

Phones are capable of taking incredible photos that just a few years ago only an expensive digital camera could do. Learn some basic principles that will help you take better photos. We will also look at several editing apps that allow you to do things expensive digital cameras can't do! Bring your smartphone.

Instructor: Jerry Thoreson  
THHS - Computer Lab 1109- Media Center  
11/19/2014  
Wednesday, 6:30 PM—8:00 PM  
\$20

## GENERAL INTEREST

### DRIVER IMPROVEMENT COURSE - 4 HOUR REFRESHER, MORNING CLASS

The driver improvement refresher course is for anyone who has already taken the 8 hour, first time class. Taught by a MN Hwy Safety Center trained instructor, it will explore changes in laws, the latest vehicle technology, traffic safety and accident prevention, and provide you with easy-to-use defensive driving tips. Completion of this course allows for a 10% reduction on automobile insurance premiums for those age 55 and over. Feel free to bring a drink and snack to enjoy during the class. You must register by 10/21.

THHS - Community Room  
10/24/2014  
Friday, 9:00 AM—1:00 PM  
\$20

### DRIVER IMPROVEMENT COURSE - 4 HOUR REFRESHER, EVENING CLASS

See description above. You must register by 10/21.

THHS - Community Room  
10/27/2014  
Monday, 5:30 PM—9:30 PM  
\$20

### DRIVER IMPROVEMENT COURSE - 8-HOUR

This driver improvement course is the 8 hour, first time class. Taught by a MN Hwy Safety Center trained instructor, it will explore changes in laws, the latest vehicle

technology, traffic safety and accident prevention, and provide you with easy-to-use defensive driving tips. Completion of this course allows for a 10% reduction on automobile insurance premiums for those age 55 and over. Feel free to bring a drink and snack to enjoy during the class. You must register by 10/14.

THHS - Community Room  
10/20/2014 and 10/22/2014  
Monday & Wednesday, 5:30 PM—9:30 PM  
\$24

## NATIVE PLANT PROPAGATION - SEED COLLECTION AND STORAGE

This will be an introductory overview to the process of identifying, collecting, and storing native perennial wildflower seeds for propagation into new plantings for the following spring. This class will provide a full overview of this process, but focus specifically on the parts of the process that take place in the fall identifying plants, assessing what types of seeds they produce, and collecting these seeds for winter storage. The class will start indoors with a brief presentation, and then move outside for field work practicing identifying plants and collecting their seeds. Seeds will be labeled and placed into storage. Depending on student interest, there may be opportunity for future courses in seed storage, constructing simple grow-light systems for home propagation, and starting seedlings in the home. Register by 9/25.

Instructor: Dan Schutte  
THHS - Community Room  
9/30/2014  
Tuesday, 6:00 PM—8:00 PM  
\$7

## PET FIRST AID & CPR

This class is perfect for pet companions and pet care professionals. Learning dog and cat First Aid & CPR techniques can help a pet in an emergency survive prior to getting emergency veterinary care. The training is taught with a combination of lecture with a power point presentation, demonstration and hands-on skill practice with animal models. Each participant will receive a \$10 handbook and completion certificate. Robin Whaley, Certified Pet Tech CPR & First Aid Instructor

Instructor: Robin Whaley  
THHS - Community Room  
10/29/2014  
Wednesday, 6:00 PM—10:00 PM  
\$40

## PREPARING FOR LONG-TERM CARE: A GIFT YOUR FAMILY DESERVES

In an instant, an accident or diagnosis can change your life ... and your family's. -Where would you receive care? -Who would provide it? How would you pay for it? Please join us for a presentation to learn more about long-term care and how you and your family can prepare for it emotionally, physically and financially. Register by 10/13.

Instructor: Gregory Hanson  
THHS - Media Center/Library  
10/20/2014  
Monday, 6:00 PM—7:00 PM  
\$5

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## RETIRE WISELY

47% of Americans age 56 to 62 could run out of funds to pay for basic retirement expenses if they were to retire at age 65. -Will you have enough to retire? -Will your retirement income last? -Are your assets protected? Join us for this one-hour presentation to learn how to manage six risks all retirees face: outliving income, inflation, unpredictable events, market volatility, income taxes and rising health care costs. Register by 10/20.

Instructor: Gregory Hanson  
THHS - Media Center/Library  
10/27/2014  
Monday, 6:00 PM—7:00 PM  
\$5

## RETIREMENT DISTRIBUTION & SOCIAL SECURITY

When it comes to navigating the Social Security landscape, the choices can be overwhelming. And even just one mistake can be costly for the rest of your life. Join us for a presentation to explore how to sort through the red tape and options to help ensure the choices you make are right for you. Register by 10/6.

Instructor: Gregory Hanson  
THHS - Library  
10/13/2014  
Monday, 6:00 PM—7:00 PM  
\$5

## TOP TEN ESTATE PLANNING ERRORS AND CELEBRITY STORIES TO HELP AVOID THEM

Ruthanne Vos, attorney with the Mathison Law Office in Grand Marais, will lead an informative and entertaining presentation on the importance of estate planning at every stage of life, along with common estate planning errors. Well-known celebrity errors are highlighted to illustrate how failure to plan and failure to follow through may result in unintended outcomes. The presentation will cover basic estate planning considerations: wills, trusts, powers of attorney, health care directives, planning for incapacity, probate avoidance and estate taxation. Register by 11/10.

Instructor: Ruthanne Vos  
THHS - Library  
11/13/2014  
Thursday, 6:30 PM—8:00 PM  
\$7 per person or \$10 per couple

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## HEALTH/SAFETY/WELLNESS

### CPR/CPR REFRESHER/FIRST AID

For persons wishing to become certified in CPR, or for those whose certification has expired or is about to expire. Learn adult, infant and child CPR, along with AED (Automated External Defibrillator). The First Aid portion will cover bandaging, treating shock, burns, injury to bones, muscles, joints, etc. You are now required to purchase a book; the cost (\$15) is included in the class fee. Register by 10/15.

Instructor: Sharrie Houdek  
THHS - Health Room 2034  
10/21/2014  
Tuesday, 6:00 PM—10:00 PM  
\$65

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## ASTHMA EDUCATION COURSE

Laura Palombi is a COPD and certified asthma educator and works as an assistant professor at the College of Pharmacy in Duluth. In this course, we will define asthma and describe the risk factors, prevalence and burden of this disease. We will discuss goals of treatment for asthma and will explore different classes of medications used to treat asthma, learning more about how they work and how they are different. Participants will have the opportunity to learn and demonstrate proper inhaler use. This course will be team-taught with a representative from the American Lung Association and participants will learn ways that homes and living conditions can be improved to help a person with asthma experience fewer symptoms. Register by 10/22.

Instructor: Laura Palombi  
THHS - Community Room  
10/30/2014  
Thursday, 6:30 PM—8:30 PM  
\$5

## COPD EDUCATION COURSE

In this course, we will define Chronic Obstructive Pulmonary Disease (COPD), examine the risk factors for this disease, and explore the individual and community burden of this disease. We will learn more about the changes in the lungs that occur as a result of COPD and will discuss the way that medications used for COPD work. We will briefly explore the role of proper COPD management in avoiding hospital re-admissions and participants will have the opportunity to learn and demonstrate proper inhaler use. Register by 11/5.

Instructor: Laura Palombi  
THHS - Community Room  
11/14/2014  
Friday, 10:30 AM—11:30 AM  
\$5

## MEDICATION SAFETY FOR OLDER ADULTS

This course will explore the risks and benefits of medication therapy, the differences between prescription and over-the-counter medications and we will look at common medication use problems. We will examine ways to improve medication safety and participants will have the opportunity to ask the pharmacist specific questions about their own medication therapy. Register by 10/29.

Instructor: Laura Palombi  
THHS - Community Room  
11/07/2014  
Friday, 10:30 AM—11:30 AM  
\$5

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## LANGUAGES

### BEGINNING NORWEGIAN FOR ADULTS

Turn that "Minnesohta" accent into da reel ting with beginning Norwegian classes by Arna Rennan. Enjoy sharing your heritage and learning more about the culture while developing your conversational skills and grammar. Arna utilizes the same textbook as St. Olaf College called: Setti Gang. This includes online listening lessons for practice throughout the week. Handouts will be provided at each lesson; please bring a three ring binder for them. No class 10/29. Register by 10/13.

Instructor: Arna Rennan  
THHS - Room 2205  
10/15/2014—11/26/2014  
Wednesday, 6:00 PM—7:30 PM  
\$44

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## MUSIC & DANCE

### BELLY DANCE, BEGINNING

No other exercise taps into the essence of female power like belly dance. Surrounded by terrific women of all shapes and sizes, you will be amazed how quickly you come to learn the proper form and technique of belly dance moves. The natural antidepressant and confidence boosting qualities of this low impact cardio workout will stretch and engage your body from head to toe! Please join us in comfortable clothing, and bring a hip scarf if you have one. No class 11/4.

Instructor: Judie Sarff  
Minnehaha - Cafeteria  
9/30/2014—12/09/2014  
Tuesday, 6:00 PM—7:00 PM  
\$40

### BELLY DANCE, BEYOND

For those who have completed one year of beginning belly dance. We will work to layer moves, increasing our flexibility and stamina. Advanced moves, choreographies, and props will be introduced and practiced to further enhance belly dance skills. Let's keep the belly dance fire rolling! No class 11/4.

Instructor: Judie Sarff  
Minnehaha - Cafeteria  
9/30/2014—12/09/2014  
Tuesday, 7:15 PM—8:15 PM  
\$40

## GUITAR LESSONS

We have openings for guitar lessons. Private half-hour guitar lessons for ages eight and up, beginning and intermediate. You must have your own guitar. Cost of book is \$6, payable to instructor. To register, call 834-8201, ext. 8230; lesson time scheduled when you register. Limited space is available. Lessons will be held in Room 132, which is across from the cafeteria. \$99/12 Lessons

Instructor: James Cheek  
Minnehaha - Room 132  
9/29/2014—12/15/2014  
Monday  
\$99

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## POOL ACTIVITIES

Early morning lap swim for ages 12-adult. Must bring cap, suit and towel. Park in the parking lot off Cedar Road and enter through door #14. Beginning Oct. 13th, the time will switch to 6:00 - 7:00 AM **Reminder: There will be no early morning swim if school has a late start or is cancelled.**

### AM LAP SWIM, MONDAYS

Instructor: Kathy Ronning  
THHS - Pool/Locker Rooms  
9/08/2014—12/15/2014  
Monday, 5:30 AM—6:30 AM  
\$58

### AM LAP SWIM, WEDNESDAY

Instructor: Kathy Ronning  
THHS - Pool/Locker Rooms  
9/03/2014—12/31/2014  
Wednesday, 5:30 AM—6:30 AM  
\$62

### AM LAP SWIM, THURSDAY

Instructor: Kathy Ronning  
THHS - Pool/Locker Rooms  
9/04/2014—12/25/2014  
Thursday, 5:30 AM—6:30 AM  
\$54



## AQUA AEROBICS

Aqua Aerobics is an energizing, total-body workout with cardiovascular and strength-training benefits. The water cushions and supports your body reducing gravity and the risk of muscle or joint injury, resulting in a fun and effective way to get or stay in shape for people of all ages and fitness levels. You need not be a swimmer to participate. Most equipment provided; participants bring their own pool noodle. Park in the parking lot off Cedar Road and enter through door #14. Instructor: Patty Carter  
THHS - Pool/Locker Rooms  
9/10/2014—12/17/2014  
Wednesday, 6:30 PM—7:30 PM  
\$89



## SPORTS & EXERCISE

### COMMUNITY CURLING

Learn the basics of curling. Participants need to bring a pair of rubber-soled shoes and wear loose fitting, comfortable clothing. Other equipment will be provided. All participants of this class are welcome to become members of the regular curling league!  
Instructor: Two Harbors Curling Club Members  
Two Harbors Curling Club  
11/4 & 11/6, 2014  
Tuesday & Thursday, 7:00 PM—9:00 PM  
\$15

### FITNESS CENTER

Open to men and women. Use 24 different machines to target all muscle groups, and round out your session with an aerobic workout on the treadmills, elliptical machines, steppers or spin bikes. Bring clean tennis shoes. Bring a friend! Closed 10/16, 11/27. Exercise with a friend!!  
Instructor: Sandi Olson  
THHS - Fitness Center  
9/22/2014—12/15/2014  
Monday & Thursday, 6:00 PM—7:00 PM  
\$36 for 1st person/\$18 for 2nd

### HOOP DANCE FOR BEGINNERS

For adults. Nurture your creative side by joining us on an intense, fat-burning cardio workout that will help you tone your body, hone your mind, reduce stress and leave you smiling. Hoop Dance is a blend of dancing with hula hooping that anyone can learn! Please wear comfortable clothing that allows you to move freely. Hoops will be provided for the class. Register by 10/6.  
Instructor: Pauliann Hagglund  
Minnehaha - Cafeteria  
10/13/2014—12/08/2014  
Monday, 6:30 PM—7:30 PM  
\$54

## VOLLEYBALL, ADULT CO-ED

Everyone is welcome to play co-ed volleyball. All levels accepted; no jungle rules.

Instructor: Amy Bergerson  
THHS - Gym  
10/20/2014—11/10/2014  
Monday, 7:30 PM—9:30 PM  
\$15

### WALK WITH EASE

The Arthritis Foundation Walk With Ease Program is an exercise program that can reduce pain and improve overall

health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk with Ease. Wear comfortable clothes and shoes for walking. Fee includes a Walk with Ease Workbook. Call Kirsten Cruikshank, at Community Partners for further information, 834-8024. Does not meet 10/16.

Instructor: Community Partners Staff  
THHS Lobby  
10/13/2014—11/20/2014  
Monday, Wednesday, Thursday, 4:00 PM—5:00 PM  
\$10

### WALKING FOR YOUR HEALTH

Is it too cold or icy to walk outside? Walkers are welcome to use the THHS and Minnehaha halls for exercise Monday through Thursday, 6:30 - 7:30 AM and 4:00 - 7:00 PM. The buildings will not be open on school holidays. For safety purposes, running/jogging and strollers are not allowed. Use the front, main entrance doors when entering the buildings. Clean walking shoes and an ID badge are required. Your \$3 annual fee covers the cost of the walker ID badge and lanyard (payable in the Community Education offices). If you purchased a badge in the past, please bring it in to get a new free pass card.  
\$3

### YOGA FOR EVERY BODY 1

Beginners and seasoned practitioners alike will benefit from this gentle class. The Sanskrit word "Yoga" means to yoke. For our purposes that means connecting the body and mind through breath work, postures and movements. This serves to invite relaxation and ease into our bodies and minds. Yoga is a great way to gain more freedom of movement in the body, to develop body awareness, and to relieve stress. In this class we will build on yoga principles and discover what it means to do yoga in our individual bodies. Class will end with a deep relaxation practice. Please bring a yoga mat, small blanket for relaxation practice, small pillow to sit on, water or tea and anything else you need to feel comfortable. There will be some extra mats available for use. No class 10/16, 11/27.

Instructor: Hilary Buckwalter  
THHS - Room 2204  
10/02/2014—12/11/2014  
Thursday, 5:15 PM—6:30 PM  
\$81

### YOGA FOR EVERY BODY 2

Have you done yoga videos at home? Taken classes before? Curious about meditation? Then this class is for you. We will build on yoga principles and delve more into breath practices and postures. Traditionally, yoga is done to ready the body for sitting in meditation, a beautiful practice of sitting (or lying) in stillness while focusing on the breath.

Benefits of meditation include stress relief, increased immunity, emotional balance and lower blood pressure. This class will include a posture practice followed by a short meditation. Please bring a yoga mat, small blanket for meditation practice, small pillow to sit on, water or tea and anything else you need to feel comfortable. There will be some extra mats available for use. No class 10/16, 11/27.

Instructor: Hilary Buckwalter  
THHS - Room 2204  
10/02/2014—12/11/2014  
Thursday, 6:45 PM—8:00 PM  
\$81

### ZUMBA FITNESS

The Zumba fitness program uses Latin based dance and easy to follow moves to create amazing results! With the fun and simple dance steps and great Latin music you will actually want to work out! With Zumba feel free to set your own pace and just have fun. This class is for all skill levels so do not feel that you have to be a dancer to come. Just come enjoy the music and follow along! You will see results! No class 11/5. Register by 9/25.

Instructor: Angie Valine  
Minnehaha - Cafeteria  
10/01/2014—12/10/2014  
Wednesday, 6:30 PM—7:30 PM  
\$80

## TOURS/TRIPS

### ANNUAL HOLIDAY SHOPPING TRIP

See description on page 11. Fees must be paid by Tuesday, November 18. No refunds will be made unless the trip is canceled. Bring large bags with name tags to store your packages under the bus.  
Saturday  
\$45

## YOUTH ACTIVITIES

### BABYSITTER CLINIC

This class will provide participants with basic safety/babysitting skills that will prepare them to stay home alone and to be a dependable, capable babysitter when the time comes. Participants will receive a certificate upon completion of class. Recommended for youth in grades 4-6. Bring your own bag lunch.

Instructor: Michelle Libby  
THHS - Community Room  
10/10/2014  
Friday, 9:00 AM—3:00 PM  
\$18

7-8TH GRADE BOYS AND GIRLS WILL REGISTER IN THE TWO HARBORS HIGH SCHOOL OFFICE AND BE A PART OF THE VARSITY PROGRAM

### BASKETBALL - BOYS & GIRLS, GRADES 4-6

Registration is required BEFORE students can practice. Online Registration is highly encouraged. Visit [www.isd381.k12.mn.us](http://www.isd381.k12.mn.us), click on Community Education, Classes and Registration, Two Harbors Community Education, and then Youth Activities. Coaches will contact the students with day, time and location of first practice; a schedule will be given to students at practice. Practice typically begins the beginning of November. Note: Coaches need to be advised of any medical conditions. If disciplinary action is required, we will follow THHS and MSHSL eligibility rules.

Contact Amy McGrath for further information:  
twoharborshoops@hotmail.com or 834-4210.  
Fees: Grade 5 & 6: \$60 Grade 4: \$50 Family Cap: \$100 (All fees include Hoop Club Membership) Please register by October 15th so that coaches can be assigned and practice times can be scheduled.  
Instructor: Hoop Club Coaches

### **BASKETBALL - BOYS & GIRLS, GRADES K-3**

This introduction to basketball will include basic skills and fun drills. Varsity team members will be on hand to assist with the program. You must register with Community Education before you attend. The fee includes a T-shirt; please state the size (youth S, M, L, XL). No class 12/27 & 1/3.

Instructor: Luke Heikkila  
THHS - Gym  
12/06/2014—2/28/2015  
Saturday, 9:00 AM—10:00 AM  
\$30

### **BEGINNING SPANISH, GRADES 3-5**

In this class your child will learn and be able to use a wide variety of Spanish vocabulary along with learning a little about the Spanish culture. The class will focus on teaching your child basic vocabulary words and then build off of that through many different activities. We will be doing whole group activities, small group activities, games and activities, as well as an art project. Come and join me for a fun filled class of learning! Register by 10/6. No class 11/5.

Instructor: Cassie Jeska  
Minnehaha - Room 108  
10/15/2014—12/10/2014  
Wednesday, 4:30 PM—5:30 PM  
\$35

### **BEGINNING SPANISH, GRADES K-2**

See description above. Register by 10/6.

Instructor: Cassie Jeska  
Minnehaha - Room 108  
10/13/2014—12/01/2014  
Monday, 4:30 PM—5:30 PM  
\$35

### **COMPETITIVE SWIMMING FOR GIRLS, GRADES 5 & 6**

FOR 5TH AND 6TH GRADES ONLY.

This is an excellent opportunity for you to learn and develop the basic skills needed to compete in swimming and diving.

Students may participate in the "Black and Blue JV Invite" in Hibbing. More information will be available at class. Bring a suit, swim cap, goggles and towel. Park in the parking lot off Cedar Road and enter through door #14. Register by 9/17.

Instructor: Heather Mayfield  
THHS - Pool/Locker Rooms  
9/22/2014—10/22/2014  
Monday & Wednesday, 4:00 PM—5:00 PM  
\$40



### **DRIVER EDUCATION - THHS**

Classes will be held on Mondays, Tuesdays, and Thursdays, 6-9 PM. Parents are encouraged to register for the parent meeting on Monday, Oct. 6. Thirty hours of classroom and six hours behind-the-wheel instruction for students 15 and up. Students who complete the full course will receive 1/2 high school credit (pass/fail) to qualify for Minnesota tax deduction and tax credit. No childish/immature behavior will be tolerated. If there are two or more absences, the course will need to be retaken. One make up day is scheduled for Monday, 10/27. You must have your certified birth certificate and your social security card with when you take your permit test. Please include the student's full legal name (first, middle and last) and birth date when registering. Call Community Education with questions, 834-8201, ext. 8230. At least \$200 is due at registration and the \$200 balance is due by the first day of class, or you can pay the full \$400 when you register. A payment of less than \$200 does not reserve a spot in the class. No refunds after two business days prior to the beginning of class.

Instructor: Tim Stark  
THHS - Computer Lab 2 - Room 2205  
9/29/2014—10/27/2014  
Monday, Tuesday, Thursday, 6:00 PM—9:00 PM  
\$400

### **DRIVER EDUCATION PARENT MEETING**

This past spring, the Minnesota State legislature passed a new law, the Graduated Driver License (GDL), that changes the requirement for students and families in regards to Drivers Education. We have always highly encouraged parents to attend our parent night during the classroom portion of DE. With the new law, there is a more stringent parent class time commitment (90 minutes) and the curriculum is specified. Certificates are awarded for completion of the Parent Session. Attendance for a parent is optional, but if a parent does not attend, the newly required log of supervised driving time that you and your teen have document will vary in time requirements. All teens will need to submit a log after January 1, 2015 (when they take their drivers test), however, fewer hours of verified driving are required for teens who have had a parent who has attended the parent session. Students are not required to attend this meeting; it does not count towards their required 30 hours of class time. There is no additional cost for the parent meeting.

Instructor: Tim Stark  
THHS - Cafeteria  
10/06/2014  
Monday, 6:00 PM—7:30 PM

### **LEARN TO SKATE**

This class is designed for boys and girls of all ages to become acquainted with ice skating and learn the basic fundamentals of skating. Classes will be held every Sunday afternoon. Bring your skates and dress warmly. No class 11/30. You must register by 11/4.

Instructor: Scott Libal  
Two Harbors Ice Arena  
11/09/2014—12/14/2014  
Sunday, 4:00 PM—5:00 PM  
\$10

## **NEW!**

Minecraft is for everyone, grade 2 through adult. It is an interactive building and strategy computer game where you can go on epic adventures, build massive structures, design intricate machines and make beautiful art. This class will instruct students how to play Minecraft as well as promote teamwork and collaboration, creativity, internet etiquette and logical thinking. A snack will be provided. If registering online, please complete the attached e-form to request bus transportation from the Minnehaha to THHS.

### **MINECRAFT 101**

Minecraft 101 will teach students the basics of Minecraft. This course is intended for those who have never played the game before and are interested in learning. We will start with the basics like moving around and exploring the world and move to crafting and building small structures. Register by 9/23.

Instructor: Jake Claffin  
THHS - Computer Lab - Room 2310  
9/30/2014—11/04/2014  
Tuesday, 3:45 PM—5:00 PM  
\$25

### **MINECRAFT 101 - SESSION II**

See description above. Register by 11/4.

THHS - Computer Lab - Room 2310  
11/11/2014—12/16/2014  
Tuesday, 3:45 PM—5:00 PM  
\$25

### **MINECRAFT 102**

Minecraft 102 is meant for students who are already playing Minecraft and want to learn more about advanced game mechanics and project collaboration. Register by 9/23.

Instructor: Jake Claffin  
THHS - Computer Lab - Room 2310  
10/01/2014—11/05/2014  
Wednesday, 3:45 PM—5:00 PM  
\$25

### **MINECRAFT 102 - SESSION II**

See description above. Register by 11/4.

THHS - Computer Lab - Room 2310  
11/12/2014—12/17/2014  
Wednesday, 3:45 PM—5:00 PM  
\$25

## COMMUNITY EDUCATION

# CLASS REGISTRATION 2014

Registration may be made by phone, mail, in person or online. Visa and MasterCard are accepted or payment of class fees. When you pay for the class, you reserve your place in that class. You must register for every class. Failure to do so could result in its cancellation. **REGISTER EARLY, AS CLASSES FILL UP QUICKLY!**

### course fees

Fees listed are payable to Community Education, not to the instructor.

Don't forget you can register online for classes!

Go to [www.isd381.k12.mn.us](http://www.isd381.k12.mn.us), click on Community Education and then Classes & Registration.

### school closings

On days schools are closed or released early for any reason, Community Education classes will not be held. **THIS INCLUDES PRESCHOOL AND ECFE CLASSES.**

### course changes

Community Education reserves the right to drop any course offered because of insufficient registration. Courses may also be added or dropped after this publication.

Check our updates online at [www.isd381.k12.mn.us/communityed/html/index.html](http://www.isd381.k12.mn.us/communityed/html/index.html).

Class cancellations/refunds must be made no later than the class registration deadline; or if no deadline is listed, a minimum of three business days prior to the first day of class.

 *Please check with your physician before starting any exercise program.*

To register by phone, call Community Education:

**834-8201, ext. 8230** in Two Harbors

**226-4437, ext. 8137** in Silver Bay

#### PARTICIPANT PUBLICITY ACKNOWLEDGEMENT

Community Education reserves the right to utilize photos and the names of participants for publicity purposes. Participants desiring their names/photograph not to be used for publicity must notify Community Education in writing at the time of registration.

**Enroll Online!**

[www.isd381.k12.mn.us](http://www.isd381.k12.mn.us)



## CodeRED

Lake County Sheriff's Office has implemented the **CodeRED** system, a high-speed emergency notification service. This service is completely voluntary. The Sheriff's Office felt that an emergency notification system was lacking in Lake County, but a system that could notify potentially all residents and visitors to our County was necessary in the event of disasters, warnings or other community notices.

The **CodeRED** system will serve as the backbone of the County's emergency planning and communications outreach to both citizens and County personnel by using the system capabilities to send telephone calls, text messages, emails and social media in an effort to effectively inform residents to protect life and property.

"**CodeRED**'s robust system will provide county officials with a reliable, easy-to-use interface to quickly disseminate critical information to our citizens during emergencies. We are very eager to use this technology to enhance our emergency preparedness plans," said Sheriff Carey Johnson. The County anticipates using the system to notify residents in specific geographic locations of fires, floods, drinking water emergencies, severe storm warnings and missing children/people notices.

Lake County has input an initial database of residential and business telephone numbers; however, all residents living within the Lake County limits are encouraged to visit <http://www.co.lake.mn.us/> and click on the **CodeRED** logo to enroll additional contact information including cell phone numbers, text and email addresses. Each registration will allow up to four phone numbers to be associated with their contact information. In addition, if you sign up for the Mobile **CodeRED** application on your smart phone, you will be able to receive **CodeRED** notifications to almost anywhere in the United States.

If you do not have a computer and would like to sign up for **CodeRED** or for additional information and questions, you may call Lake County Dispatch at 218.834.8385.

**IMPORTANT! CodeRED** will be a recorded message by phone or text message sent to your home phone or cell phone or by email. If anyone calls you and says they are with **CodeRED** and asks for personal information like your social security number or other personal information, **DO NOT** give them this information. Hang up from that phone call and call the Lake County Sheriff's Office at 218.834.8385 to report this. We will never ask you for any information other than your address, email and phone numbers. This is a completely voluntary emergency notification system.



# District Phone Directory

Name	Number/Ext
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## DISTRICT OFFICE

**Main Number.** . . . . .218-834-8201  
**Fax Number.** . . . . .218-834-8239  
**Superintendent, Bill Crandall**  
 (218)-834-8201, ext. 8213  
 bcrandall@isd381.k12.mn.us  
**Brandt, Jean** . . . . .X8207  
**Lee, Kristen** . . . . .X8299  
**Nelson, Jean** . . . . .X8229  
**Peterson, Debbie** . . . . .X8216  
**Takkunen, Lance** . . . . .X8219  
**Torgerson, Peggy** . . . . .X8220

## COMMUNITY EDUCATION

**Main Number.** . . . . .218-834-8201  
**Community Education Director, Chris Langenbrunner**  
 (218)-834-8201, ext. 8227  
 colafson@isd381.k12.mn.us  
**Hipple, Jaime.** . . . . .X8137  
**Olson, Sandi** . . . . .X8230

## TWO HARBORS HIGH SCHOOL

**Main Number.** . . . . .218-834-8201  
**Fax** . . . . .218-834-5513  
**Principal, Jay Belcastro**  
 (218)-834-8201, ext. 8202  
 jbelcastro@isd381.k12.mn.us  
**Assistant Principal, Julie Benson**  
 (218)-834-8201, ext. 8203  
 jbenenson@isd381.k12.mn.us

### EXTENSIONS BELOW:

**Altiere, Anthony.** . . . . .X8305  
**Art Room Rm1301.** . . . . .X8313  
**Athletic Director.** . . . . .X8242  
**Auditorium** . . . . .X8341  
**Back Office** . . . . .X8301  
**Bott, Tom** . . . . .X8269  
**Boy's Locker Room** . . . . .X8292  
**Brandt, Jean** . . . . .X8207  
**Burton, Lauren.** . . . . .X8228  
**Coen, Tisha** . . . . .X8312  
**Computer Lab Jr High** . . . . .X8353  
**Computer Lab Sr High** . . . . .X8354

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**Computer Lab Media Center** X8355  
**Copy Room** . . . . .X8244  
**Custodial Break Room** . . . . .X8248  
**Custodians** . . . . .X8208  
**Dunda, Pete** . . . . .X8268  
**ECFE Parent Room2307** . . . . .X8351  
**Ellingsen, Luann.** . . . . .X8302  
**FACS Room** . . . . .X8293  
**Faculty Lounge** . . . . .X8204  
**Fearn, Holly.** . . . . .X8306  
**Fitness Center** . . . . .X8291  
**Fitzpatrick, Mike** . . . . .X8319  
**Food Service Fax** . . . . .X8294  
**Football Field** . . . . .X8272  
**Freund, Carl.** . . . . .X8275  
**Getten, Brien** . . . . .X8308  
**Gilbert, Ann.** . . . . .X8205  
**Gym (Equipment Room).** . . . .X8241  
**Haaversen, Dave** . . . . .X8211  
**Haaversen, Dave** . . . . .X8211  
**Harju, Gail.** . . . . .X8314  
**Hebl, Dan** . . . . .X8310  
**Holecek, Dean** . . . . .X8271  
**Johnson, Ronnie.** . . . . .X8201  
**Juenemann, Penny** . . . . .X8287  
**Kitchen.** . . . . .X8210  
**Kluenenberg, Nate** . . . . .X8349  
**ECFE Kids Room** . . . . .X8352  
**Lee, Kristen** . . . . .X8299  
**Library** . . . . .X8285  
**Lodin, Dan** . . . . .X8257  
**Karen Lodin.** . . . . .X8303  
**MacGibbon, Nancy** . . . . .X8215  
**MacLeod, Shari** . . . . .X8285  
**McMahon, Patrick.** . . . . .X8217  
**Mesabi Secondary** . . . . .X8252  
**Nelson, Lori.** . . . . .X8348  
**Nurse** . . . . .X8212  
**Olson, George** . . . . .X8309  
**Packer, Jeff** . . . . .X8315  
**Persons, Kerri** . . . . .X8206  
**Phifer, Judy** . . . . .x8353  
**Poe-Johnson, Angel** . . . . .X8342

Name	Number/Ext
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**Pool** . . . . .X8209  
**Preston, Sara** . . . . .X8212  
**Rauvola, Brian** . . . . .X8316  
**Reppe, Tim** . . . . .X8238  
**Rosenberg, Brian** . . . . .X8253  
**Ross, Scott** . . . . .X8242  
**Schlangen, Mark** . . . . .X8318  
**Server Room** . . . . .X8254  
**Solo** . . . . .X8247  
**Stockdale, Tajen.** . . . . .X8304  
**Sweatt, Kevin.** . . . . .X8321  
**Thewis, Dan.** . . . . .X8281  
**Tokvam, Amy.** . . . . .X8307  
**Udenberg, Jenna** . . . . .X8311  
**Uremovich, Nadine** . . . . .X8261  
**Wasko, Kristi** . . . . .X8329  
**Wasko, Steve** . . . . .X8237

## MINNEHAHA ELEMENTARY

**Main Number.** . . . . .218-834-8221  
**Fax** . . . . .218-834-8247  
**Principal, Pat Driscoll**  
 (218)-834-8221, ext. 8402  
 pdriscoll@isd381.k12.mn.us

### EXTENSIONS BELOW:

**Room 107** . . . . .X8445  
**Behling, Bev** . . . . .X8405  
**Bopp, Jill.** . . . . .X8420  
**Byrns, Sara** . . . . .X8408  
**Carlson, Ann** . . . . .X8440  
**Carlson, Pam** . . . . .X8409  
**Cavallin, Amy.** . . . . .X8430  
**Cavallin, Barb** . . . . .X8450  
**Clafin, Brenda** . . . . .X8410  
**Computer Lab** . . . . .X8410  
**Churness, Nancy.** . . . . .X8427  
**Custodians** . . . . .X8412  
**Falk, Jenny** . . . . .X8401  
**Faculty Room.** . . . . .X8415  
**Gilsvik, Emily.** . . . . .X8442  
**Gym** . . . . .X8417  
**Haavisto, Sarah** . . . . .X8428  
**Hagglund, Pauliann** . . . . .X8419  
**Headstart** . . . . .X8449

# District Phone Directory

Name	Number/Ext
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## MINNEHAHA ELEMENTARY

*continued*

Howard, Rachel	.X8421
Hurd, Tricia	.X8446
Jeska, Cassandra	.X8404
Johnson, Karen	.X8422
Kids and Company (Office)	.X8406
Kids and Company (Main)	.X8423
Kitchen	.X8245
Library	.X8427
Logan, Wendy	.X8449
McDonald, Jan	.X8429
Moe, Deb	.X8403
Morsette, Kevin	.X8431
Nelson, Tom	.X8407
Nurse	.X8434
Ortman, Bill	.X8435
Ortman, Cindy	.X8436
OT-PT	.X8437
Parent, Mary	.X8438
Peterson, Christy	.X8418
Pierson, Kim	.X8439
Preschool	.X8440
Rees, Annie	.X8414
Rossetter, Jo-Ann	.X8451
Sandretsky, Tracey	.X8424
Scamehorn, Lisa	.X8400
Spearman, Matt	.X8432
Sullivan, Erin	.X8447
Torvinen, Lisa	.X8441
Udenberg, Jenna	.X8426
VanKekerix, Susan	.X8468
Wendling, Pam	.X8444
Wistrom, Lynn	.X8433
Zastera, Jody	.X8406

Name	Number/Ext
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## WILLIAM KELLEY

Main Phone Number: 218-226-4437

High School	
Office Fax	.218-226-3127
Elementary	
Office Fax	.218-226-4860

### EXTENSIONS BELOW:

Principal, Joe Nicklay	
(218)-226-4437, ext. 8101	
jnicklay@isd381.k12.mn.us	
Belanger, Chris	.X8140
Brandt, Jean	.X8151
Bott, Leah	.X8197
Carroll, Mary	.X8185
Community Theater	.X8144
Computer Lab	.X8154
Custodian	.X8131
Drafting Room	.X8146
ECFE	.X8158
Eeg, Karen	.X8148
Ellis, Melissa	.X8138
Faculty Room	.X8109
Fenstad, Kelly	.X8166
Fitness Center	.X8195
Frericks, Rick	.X8169
Frericks, Tom	.X8167
Frericks-Blood, Terri	.X8175
Fritz, Katie	.X8147
Galley	.X 8120
Goette, Shawn	.X8135
Goettl, Lela	.X8196
Guzzo, Mary	.X8102
Harbison, Alan	.X8182
ITV Room	.X8129
Johnson, Amy	.X8186
Johnson, Dan	.X8183
Ketola, Michelle	.X8100
Kaiser, Ward	.X8149
Kitchen	.X8122

Name	Number/Ext
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Koster, Roger	.X8103
Laundry Room	.X8142
LeBlanc Wendy	.X8178
Lewis, Nancy	.X8172
Library, Elementary	.X8156
Library, High School	.X8139
Locker Room, Boys	.X8106
Locker Room, Girls	.X8105
Malcomb, Lisa	.X8184
McMillen, Andrea	.X8171
Mesabi Range Tech	.X8161
Nelson, Doreen	.X8187
Nicklay, Lynn	.X8174
Nurse	.X8108
Otterblad, Jamie	.X8157
Preschool	.X8159
Paulseth, Troy	.X8189
Paulseth, Troy R113A	.X8132
Peterson, Kris	.X8107
Pool	.X8125
Sando, Geri	.X8154
Special Ed Rm113	.X8168
Special Ed Rm113A	.X8132
Speech Room	.X8179
Stadler, Michelle	.X8181
Stengl, Ryan	.X8134
Technology Work Room	.X8194
Taintor, Mary Jo	.X8173
Vance, Karen	.X8153
Walker, Ed	.X8143
Room 116E	.X8151
Room 201	.X8177
Room 218	.X8176

## TRANSPORTATION

Two Harbors	
Bus Garage	.218-834-8240
Silver Bay	
Bus Garage	.218-226-3308

For the most recently updated contact information, please access: <http://www.isd381.k12.mn.us/contacts/>

# Dear Driver's Education Students and Parents:

This past spring, the Minnesota State legislature passed a new law – the Graduated Driver License (GDL) that changes the requirement for students and families in regards to Driver's Education. We have always highly encouraged parents to attend our “parent night” during the classroom portion of DE. With the new law, there is a more stringent parent class time commitment (90 minutes) and the curriculum is specified. Certificates are awarded for completion of the Parent Session. Attendance for a parent is optional, but if a parent does not attend, the newly required “**log of supervised driving time**” that you and your teen have document will vary in time requirements. All teens will need to submit a log after **January 1, 2015** (when they take their driver's test), however, fewer hours of verified driving are required for teens who have had a parent who has attended the parent session.

*Here is a Q&A about the new requirements:*

## FREQUENTLY ASKED QUESTIONS ABOUT THE NEW LAW:

**Q: Will students who are completing their behind the wheel instruction this fall be required to submit the log?**

A: No. Students who complete all of their behind the wheel instruction in 2014 will not be required to submit the log. Students who complete their final hour of behind the wheel instruction on or after January 1, 2015, will be required to submit the log. The driver exam staff will look at the date of behind the wheel completion on the white cards to determine if a log is required.

**Q: How many driving hours are students required to verify on the log?**

A: 50 hours of supervised driving time are required, 15 of which must be nighttime hours. Or if a parent/guardian completes the parent class, and submits a certificate of completion to the driver exam staff at the time of the road test, or if it was submitted when applying for an instruction permit, 40 hours of supervised driving time are required, 15 of which must be nighttime hours.

**Q: Are all parents/guardians required to complete the parent class?**

A: No. Completion of the parent class is optional. DVS recommends that all programs stress the importance of the parent class to educate the parents/guardians on the provisions of the GDL Law, and to assist their teens in becoming safe drivers.

**Q: Does the 90 minute parent class count toward the 30 hour classroom course for the students?**

A: No. The parent class is designed only for the parents/guardians of the students. The sessions will be scheduled during the span of time your teen is taking the classroom portion of Driver's Education. Your enrollment is separate from your student. There is not a fee for this class at this time. Certificates of completion will be available for parents who attended the parent sessions earlier in 2014.

**Q: What are the curriculum topics that must be included in the parent class?**

A: Graduated driver licensing, safety risks associated with novice drivers, potential influence of adults on driving behavior of novice drivers and additional resources.

**Q: If parents complete a parent class prior to January 1, 2015, will it be acceptable for students to document only 40 hours of supervised driving time after January 1?**

A: Yes. Community Education keeps records of all parents/guardians who attend the class and issue them a certificate of completion at the completion of the 90 minute session.

**Q: If parents/guardians complete the parent class and receive a certificate of completion, is this valid for any other child who completes a driver education program?**

A: No. The certificate of completion is valid only for one teen, unless you have more than one teen in the same class. Parents/guardians will be required to complete another parent class for subsequent teens who complete a driver education program.

The Log of Supervised Driving Time is available for the public to view and print at <https://dps.mn.gov/divisions/dvs/Pages/dvs-content-detail.aspx?pageID=555&pageTitle=Driver's License - Class D - New Driver - Under age 18>. Click on Documents and Forms.

If you have questions, contact the community education offices at 218-834-8201, ext. 8230 in Two Harbors or 218-226, 4437, ext. 8137, in Silver Bay.







**I. S. D. #381 COMMUNITY  
EDUCATION**

1640 HWY 2, SUITE 2001  
TWO HARBORS, MN 55616

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**Our Mission**

Lake Superior School District will provide an educational environment encouraging lifelong learning, self-fulfillment and responsible citizenship.

